What is claimed is:

1   1.   A method of recording onto a storage medium a video segment

2   comprising the steps of:

3   receiving said video segment, wherein said video segment contains at

4   least one predictive picture; and,

5   selectively converting said at least one predictive picture into an intra

6   picture thereby replacing said at least one predictive picture with said intra

7   picture.

        2.   The method according to claim 1, wherein said video segment

    contains at least one introductory predictive picture and said converting step

    further comprises the step of selectively decoding a predetermined number of

    said introductory predictive pictures to obtain a properly decoded predictive

    picture.

1   3.   The method according to claim 2, wherein a portion of each said

2   introductory predictive picture contains intra macroblocks and said

3   predetermined number is based in part on the amount of said intra macroblocks

4   in each said introductory predictive picture

4.   The method according to claim 2, wherein said video segment contains at least one subsequent predictive picture and said converting step further comprises the steps of:

selectively decoding said subsequent predictive pictures; and

selectively re-encoding into intra pictures predictive pictures selected from the group comprising said subsequent predictive pictures or said introductory predictive pictures.

5.   The method according to claim 1, wherein said video segment is an MPEG video segment that does not contain any intra pictures. .

6.   A system for recording onto a storage medium a video segment comprising:

a receiver for receiving said video segment, wherein said video segment contains at least one predictive picture; and

a video processor programmed to selectively convert said at least one predictive picture into an intra picture thereby replacing said at least one predictive picture with said intra picture.

7. The system according to claim 6, wherein said video segment contains at least one introductory predictive picture and said video processor is further programmed to selectively decode a predetermined number of said introductory predictive pictures to obtain a properly decoded predictive picture.

8. The system according to claim 7, wherein a portion of each said introductory predictive picture contains intra macroblocks and said predetermined number is based in part on the amount of said intra macroblocks in each said introductory predictive picture.

9. The system according to claim 7, wherein said video segment contains at least one subsequent predictive picture and said video processor is further programmed to selectively decode said subsequent predictive pictures and selectively re-encode into intra pictures predictive pictures selected from the group comprising said subsequent predictive pictures or said introductory predictive   pictures..

10. The system according to claim 6, wherein said video segment is an MPEG video segment that does not contain any intra pictures..